

SPORT SCIENCE SUPPORT

Kent Sport are working in partnership with Canterbury Christ Church University, the University of Kent at Medway and the University of Greenwich at Medway to provide FANS members with sport science support and information.

Information Sheets

There are a number of information sheets available to you to download from our website <http://www.kentsport.org/publications>

- **Sport Science an introduction -**

This *Sportsheet* provides a brief overview of what sport science is and how it can help coaches and performers in their sport.

- **Injury Prevention for sports people -**

This *Sportsheet* provides advice on how to prevent injury and includes information about warming up / cooling down, flexibility and overtraining as well as what to do if an injury does occur.

- **Nutrition for sports people -**

This *Sportsheet* provides a guide for performers about basic dietary requirements for sports people, and outlines what, how much, and when to eat and drink.

- **The role of fitness testing & selecting and using fitness tests -**

This *Sportsheet* provides coaches and sports performers with an insight into the role of fitness testing and how it may help them in their sport.



If you require a hardcopy of any of the *Sportsheets* please contact Kent Sport on 03000 414001

Sport science testing and support

FANS members are able to access the sport science support services at the universities at heavily discounted rates. This includes an initial half-hour consultation for FANS members which will be free of charge. For further details of the range of support and testing available please see reverse of this sheet.

In order to access the free initial consultation you will need to contact any of the Universities (details on reverse) to arrange a mutually convenient time and you will need to take along and show your FANS membership card. Any further testing or support needed thereafter would then be charged at the agreed rates.

FANS services and price list 2018

	University of Kent at Medway	SportsLab at Canterbury Christ Church University
Initial consultation / needs analysis	Free of charge to FANS members (30 mins usually £25)	Free of charge to FANS members (30 mins usually £25)
Observation & Skill Acquisition Audits	£ Price on application	£ Price on application
Body Composition	£40	£30
VO _{2max} / peak test	£25	£150
Submaximal Aerobic Test	£40	N/A
Joint VO _{2max} & Submaximal aerobic test	£50	N/A
Multi Stage Fitness Test	£45	£50
Lactate Threshold	£40	£100
Lactate Threshold + VO _{2max} / peak test	£50	£150
Wingate (30-s Sprint)	£20	£50
Vertical Jump	£10	£25
Isokinetic Assessment	£40	£ Price on application
Sprint test (timing gates)	£20	£50
Flexibility	£10	£20-40
Lung function test(s)	Via Respiratory Clinic	£10-20
Haematology: [Hb]/hct (%)	N/A	£25
General Nutrition Advice	£40	£25
Full Nutrition consultation & dietary analysis	£40	£100
Massage / Rehabilitation Consultation	£5	£40 / hr or £25 / 30mins
Sports Therapy Treatment	£5	N/A
Sports Injury Rehabilitation Treatment	£5	N/A
Sport Psychology Consultation	£40	POA
Sport Psychology Session (one to one or group sessions available)	£ Price on application	£ Price on application
Strength / Power Assessment	£40	£15-75
2-D Video Analysis (Gait/Technique)	£ Price on application	£50 / hr
3-D Motion Analysis (Gait/Technique)	£ Price on application	£ Price on application
Ground Reaction Force Analysis (Force plate)	£40	£50 / hr
Strength & Conditioning	£ Price on application	£50 / hr or £250 for 1 month package & programme
Half day Field Testing	£ Price on application	From £250 + test costs
Heat and Altitude Chamber	£45 / hr	N/A
Plantar Pressure Analysis	N/A	£ Price on application
Electromyography	£40	£ Price on application
Flightscope Golf Analysis	N/A	£ Price on application
Notational Analysis	N/A	£ Price on application

Contacts:

<p>University of Kent at Medway (Chatham Maritime Campus) Tel: 01634 888812 Email: sportsciences@kent.ac.uk</p>	<p>SportsLab at Canterbury Christ Church University, Canterbury Tel: 01227 782133 Email: sportslab@canterbury.ac.uk</p>
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Sport science support services are also available to FANS members at the **University of Greenwich at Medway (Chatham Maritime campus)**. For further information please contact Kelly Cooper, e-mail: ck54@gre.ac.uk